

I Claim:

1. An exercise device comprising:

a length of resilient tubing having a first free end and a second free end;

a handle connected to a first free end;

a handle connected to a second free end; and

a padding section slidably secured to the resilient tubing.

2. The exercise device according to claim 1 further including a waist belt including a buckle means for buckling ends of the belt together and further having means for connecting a handle to the waist belt.

3. The exercise device according to claim 2 further including non-slip material attached to an inward side of the belt which material may be positioned against a user when the belt is buckled onto a user.

4. An exercise device comprising:

a length of resilient tubing having a first free end and a second free end;

a strap handle connected to the first free end;

a strap handle connected to the second free end;

a first tubular section constructed of rubberized foam and having an inner diameter sized to slidably receive the resilient tubing;

the resilient tubing threaded through the tubular section with the tubular section positioned approximately midway between the first and second free ends;

a second tubular section, constructed of rubberized foam, slidably receiving the resilient tubing and positioned between the first free end and the first tubular section; and

a third tubular section, constructed of rubberized foam, slidably receiving the resilient tubing and positioned between the second free end and the first tubular section.

5. The exercise device according to claim 4 further including a strap loop connected to the first tubular section.

6. The exercise device according to claim 4 further including a waist belt including a buckle means for buckling ends of the belt together and further having a "D"-ring secured to the belt on an outward side of the belt and further including a karabiner for connecting a strap handle to the "D"-ring.

7. The exercise device according to claim 4 further including non-slip material attached to an inward side of the belt which material may be positioned against a user when the belt is buckled onto a user.